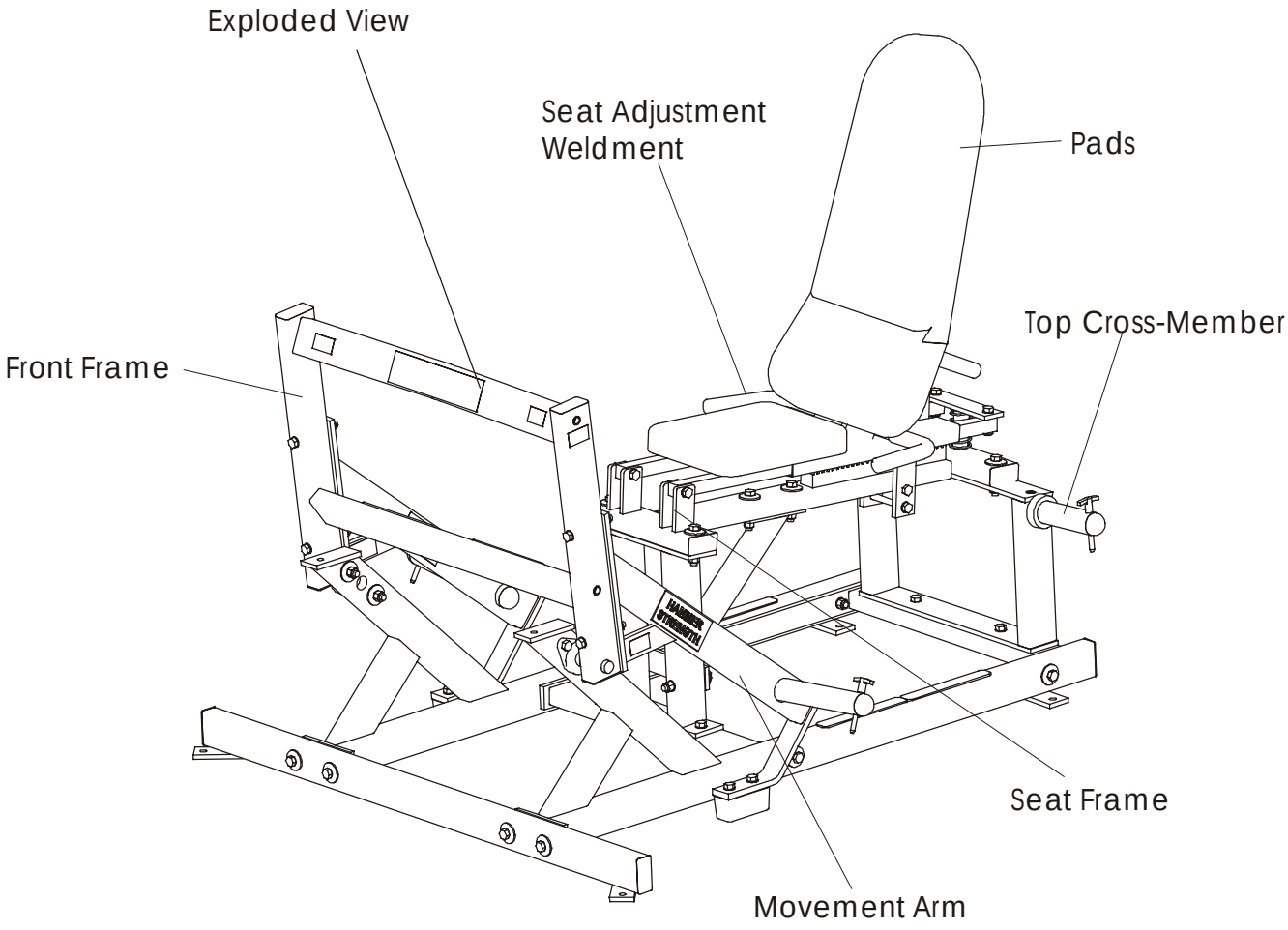
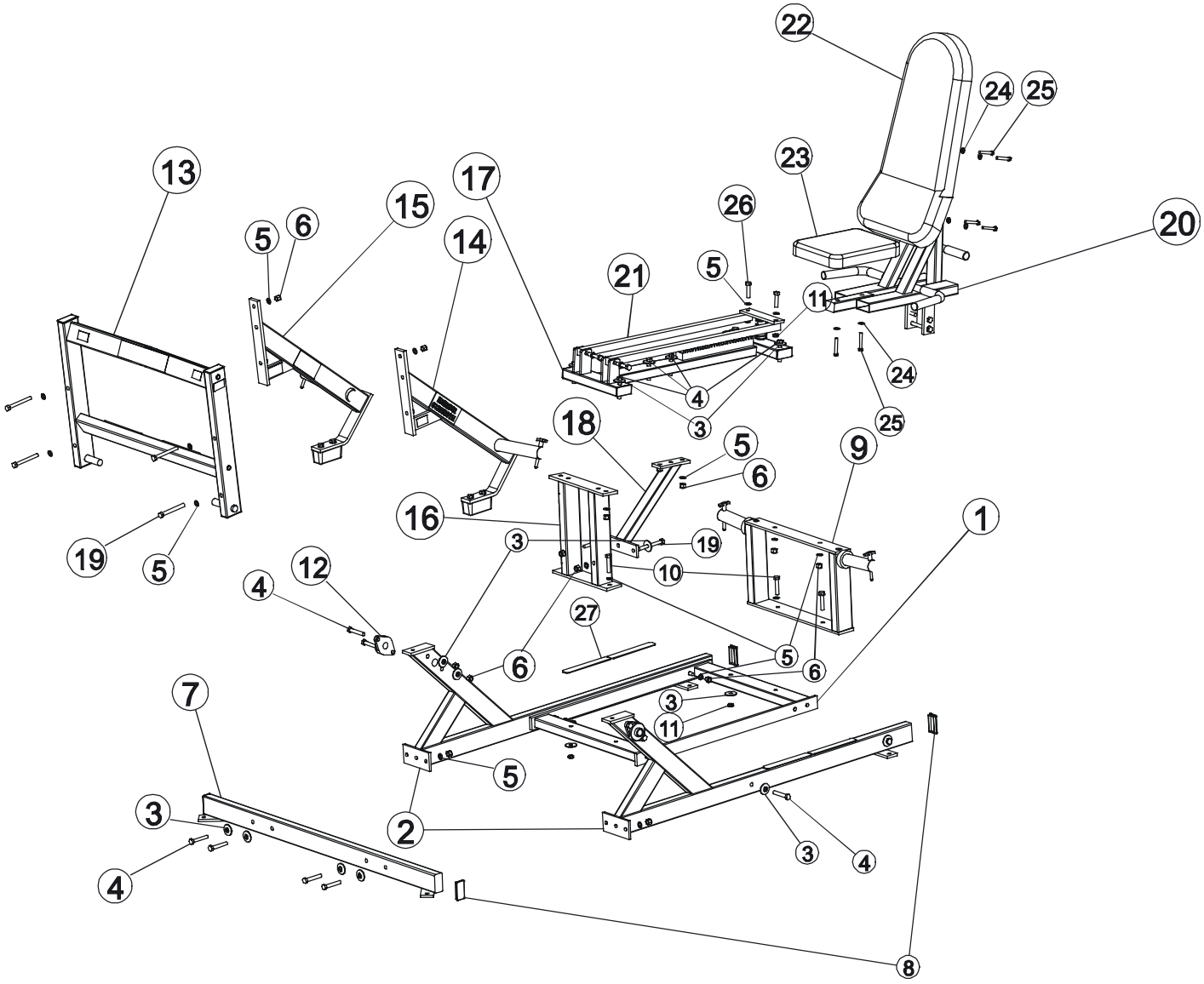
HAMMER STRENGTH EQUIPMENT
PLSHC - Plate Loaded Super Horizontal Calf

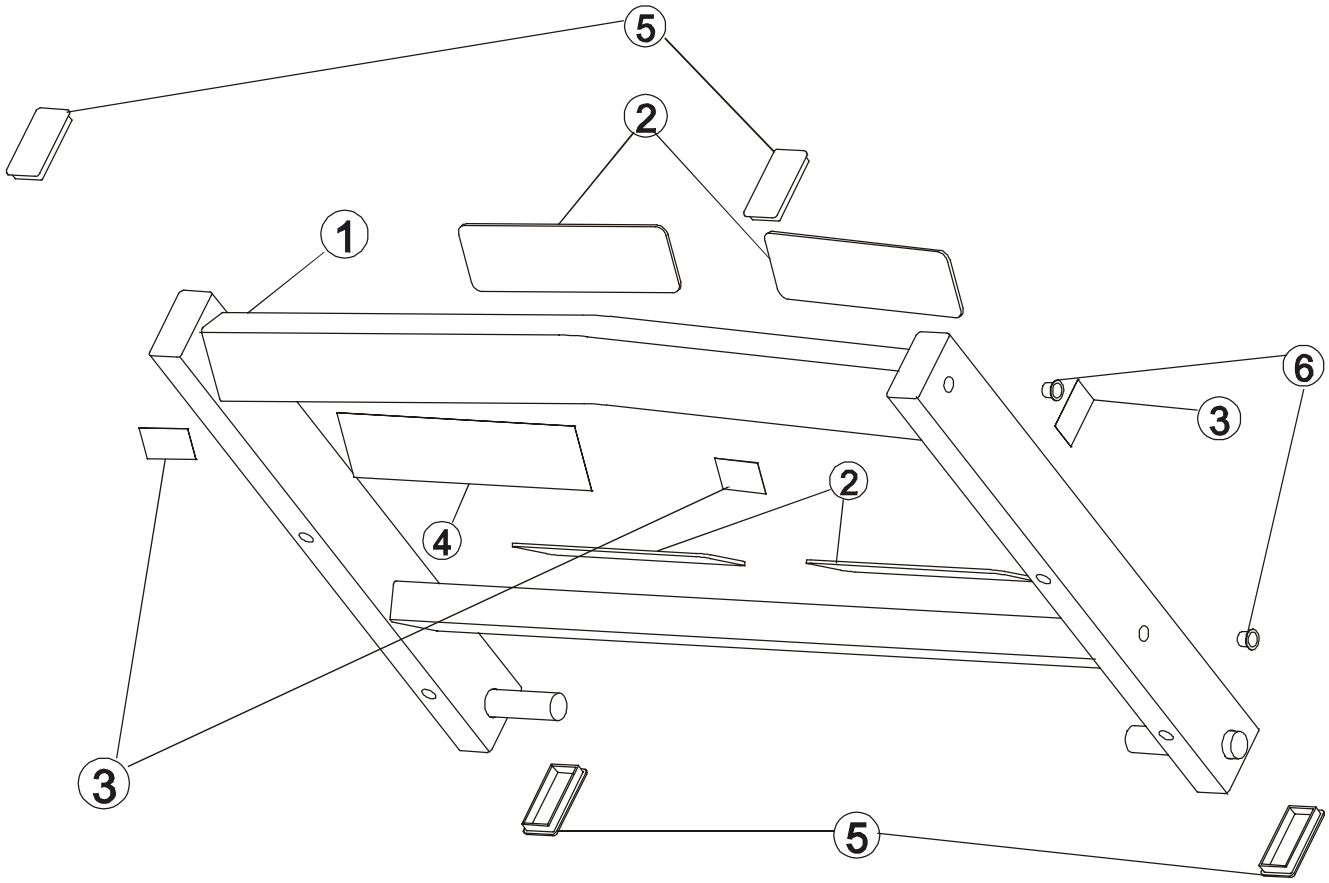


HAMMER STRENGTH EQUIPMENT
PLSHC – Exploded Assembly



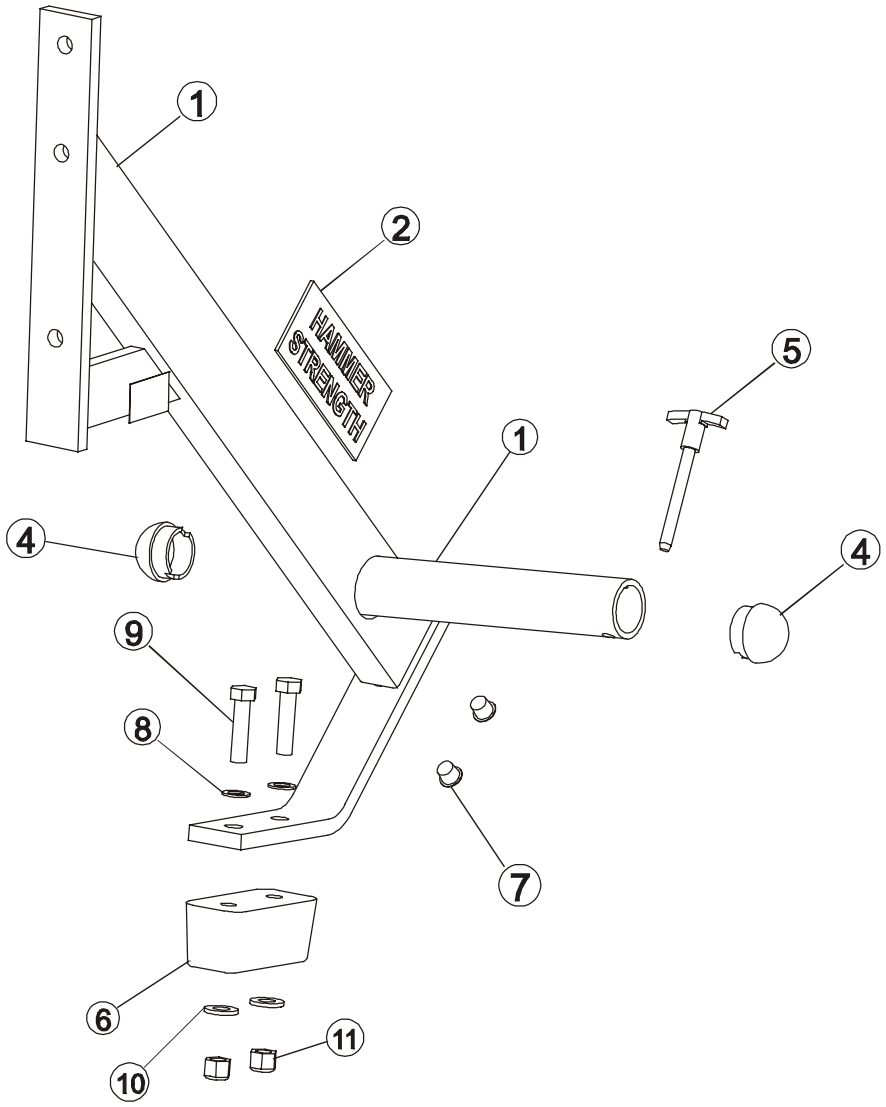
ITEM NO.	QTY.	PART NO.	DESCRIPTION	ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSHC-BX-0	Bottom Cross-Frame weldment	15	1	PLSHC-CMAR-0	e45t
2	2	PLSHC-SF-0	Side-Frame Weldment	16	1	PLSHC-TX-0	Top Cross-Member Weldment
3	24	H-BACK-WASH	Backing Washer	17	1	PLSHC-CST-0	Seat Frame Assy
4	18	HHB.5X3	1/2 X 3 Bolt	18	1	PLSHC-SX-0	Support Weldment
5	34	WASH.5STAR	1/2" Internal Lock Washer	19	6	HHB.5X4.5	1/2 X 4 1/2 Bolt
6	24	NUT.5LOCK	1/2" Thick Lock Nut	20	1	PLSHC-CAJ_ST-0	Adj Seat Assy
7	1	PLSHC-FX-0	Front Cross-Frame Weldment	21	2	SHC-19-0	
8	4	H-PEND3	1 1/2 X 3 End Cap	22	1	UPLLP-BP	
9	1	PLSHC-CHX-0	e45t	23	1	U13-5	Standard 13" Pad
10	6	HHB.5X2.5	1/2 X 2 1/2 Bolt	24	6	WASH.375SAE	3/8" SAE Flat Washer
11	8	NUT.5JAMLOCK	1/2" Thin Lock Nut	25	6	HHB.375X2.5	3/8 X 2 1/2 Bolt
12	2	H-BEAR-SML	Small Bearing	26	2	HHB.5X2	1/2 X 2 Bolt
13	1	PLSHC-CMX-0	Middle Cross Member Assy	27	4	H-NONSKID1	1 1/4 X 9 Nonskid
14	1	PLSHC-CMAL-0	Movement Arm Assy - Left				

HAMMER STRENGTH EQUIPMENT
PLSHC – Front Frame



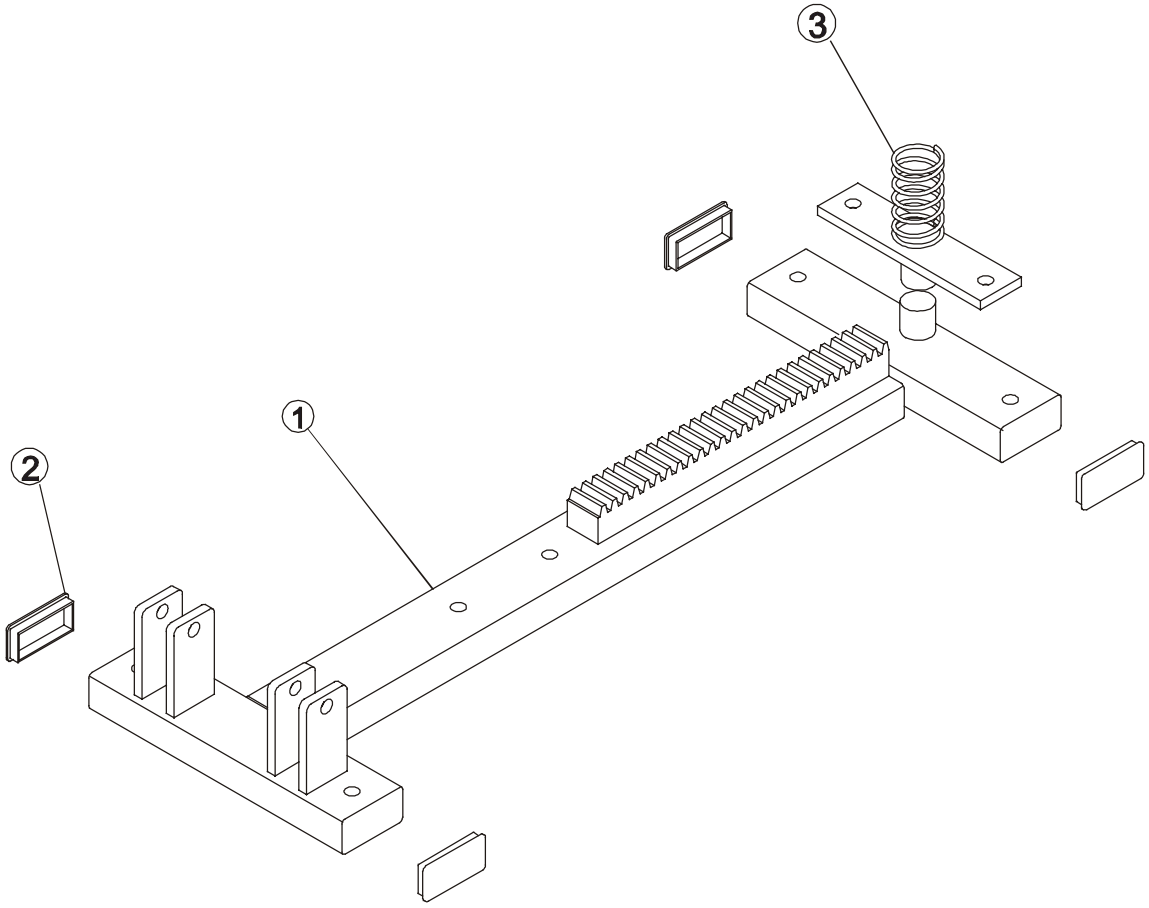
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSHC-MX-0	Front Frame
2	4	H-NONSKID3	2 5/8 X 9 Nonskid
3	3	STAY CLEAR	Stay Clear Decal
4	1	SEATED CALF	Product Decal
5	4	H-PEND3	1 1/2 X 3 End Cap
6	4	H-HPLUG	Hole Plug

HAMMER STRENGTH EQUIPMENT
PLSHC – Movement Arm



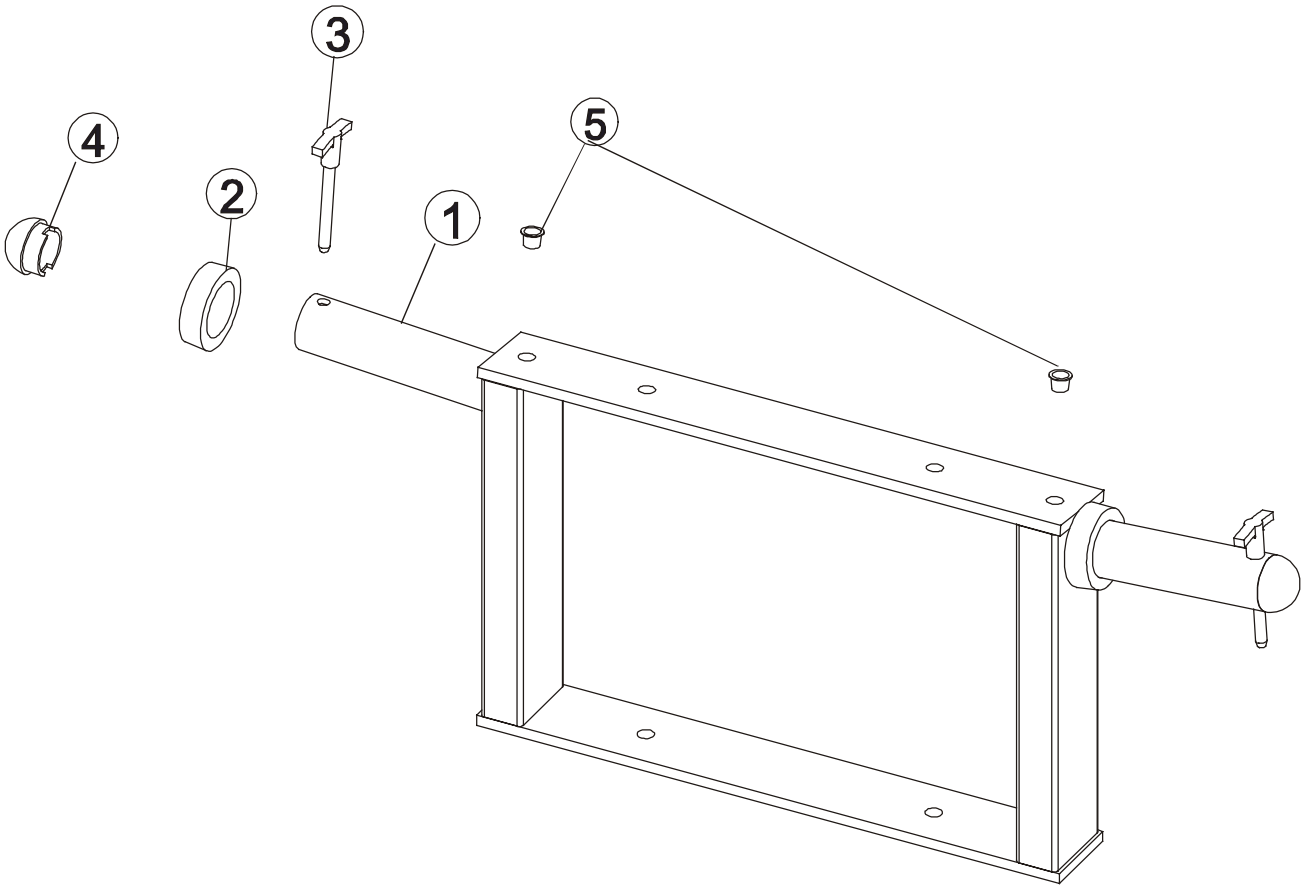
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSHC-MAL-0	Left Movement-Arm Weldment
2	1	H-NAMEPLATE	Name Plate
3	1	STAY CLEAR	Stay Clear Decal
4	2	H-BENDCAP	Bullet Cap
5	1	SELECTOR PIN-4	SELECTOR PIN 4 INCH
6	1	H-BUMP-MED	MM2 Medium
7	2	H-HPLUG	Hole Plug
8	2	WASH.5STAR	1/2" Internal Lock Washer
9	2	HHB.5X2	1/2 X 2 Bolt
10	2	WASH.5SAE	1/2" SAE Flat Washer
11	2	NUT.5LOCK	1/2" Thick Lock Nut

HAMMER STRENGTH EQUIPMENT
PLSHC – Seat Frame Weldment



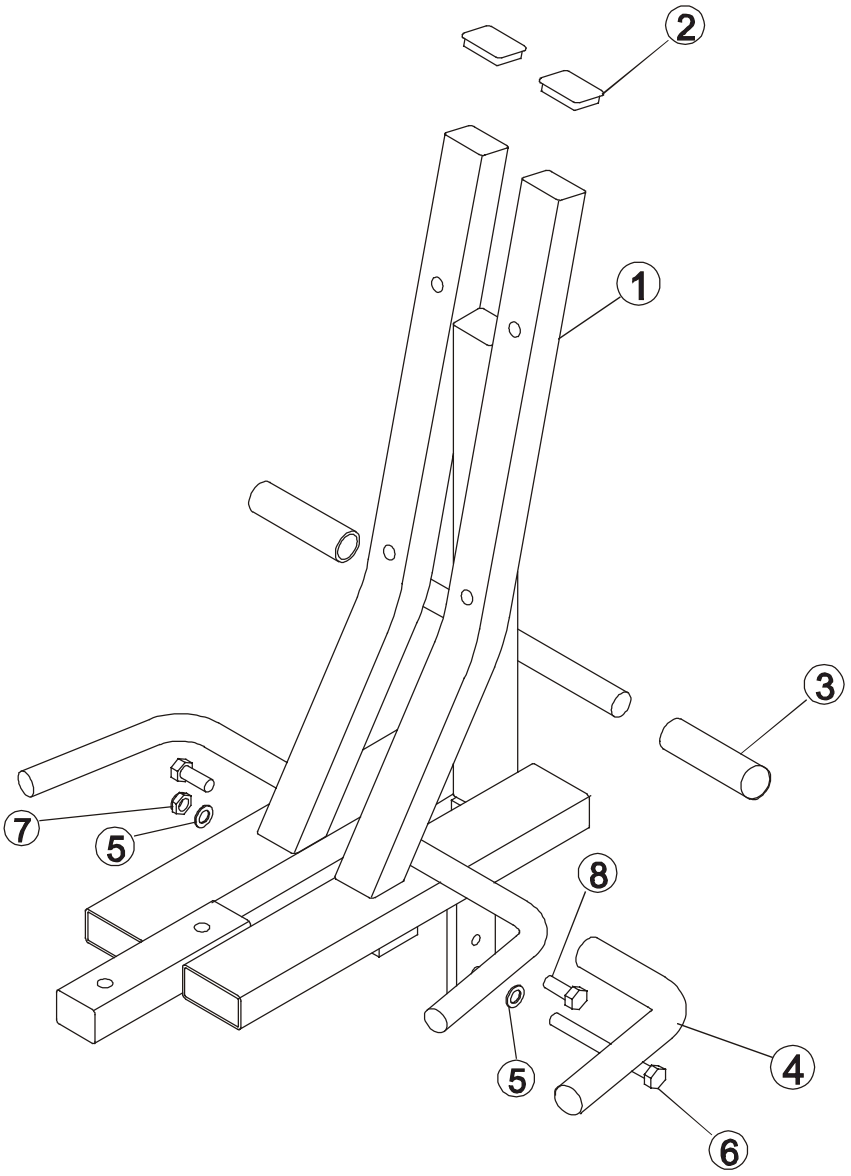
ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSHC-ST-0	Seat-Frame Weldment
2	4	H-PEND3	1 1/2 X 3 End Cap
3	1	LP-SPRING	Leg Press Seat Spring

HAMMER STRENGTH EQUIPMENT
PLSHC – Top Cross-Member Weldment



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSHC-HX-0	Top Cross-Member Weldment
2	2	H-RUBRNG	MM5 Ring
3	2	SELECTOR PIN-4	SELECTOR PIN 4 INCH
4	2	H-BENDCAP	Bullet Cap
5	2	H-HPLUG	Hole Plug

HAMMER STRENGTH EQUIPMENT
PLSHC– Seat Adjustment Weldment



ITEM NO.	QTY.	PART NO.	DESCRIPTION
1	1	PLSHC-AJ_ST-0	Seat Adjustment Weldment
2	2	H-PEND2	1 1/2 X 2 Endcap
3	2	H-GRIP(PLLP-D-1)	HandGrip
4	2	H-GRIP(PLSHC-B00)	HandGrip
5	2	WASH.5STAR	1/2" Internal Lock Washer
6	1	HHB.5X5	1/2 X 5 Bolt
7	1	NUT.5JAMLOCK	1/2" Thin Lock Nut
8	2	HHB-NYLON	1/2 X 1 Bolt NYLON